MAKE MUSIC FUN AGAIN

Songwriting Reset

Get into the science of play.

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Songwriting should be fun.

REMEMBER:

You don't have to make it perfect.

There are no bad ideas. Just undeveloped ones.

Ever wanted to write music, but don't know where to start? Ever felt *stuck* while writing a song? When you overthink your way through the creative process, you squeeze the life out of your creativity. How to fix it? What if you just need a different path into the song. The path you were *born* with the ability to do, the path of childlike simplicity.

The Songwriting Reset is designed to help you – from the novice to the frustrated pro – understand the science of making music by utilizing play, exploration, and discovery to get there. Because creating should be fun!

What's Ahead

5 Minute Freewrite

Say It Another Way

Rhythm Flip

Find the Melody

Tetris

5 Minute Freewrite

Let's build the "what".

Set a 5-minute timer and just start writing whatever comes to mind. If you don't know what to write, write:

"I don't know what to write..."

and then, keep going.

Follow the thought.

Then follow the next thought.

And the next.

Let yourself be messy. Doesn't need to be complete thoughts and they don't need to rhyme.

Your only job:

DON'T STOP WRITING.

Once your time is up, read back over what you wrote. What lines, words, or phrases make you pause? Maybe they're emotional. Maybe they're funny. Maybe they sound like something you'd actually say. Maybe you don't even know why you like them...

Pull out three of them and write them down. Aim for a line or phrase of 5-10 words. Feel free to combine lines, if need be.

Say It Another Way

Now we're going to take those three phrases and see if there's a different, or stronger way to express what you're trying to say...like using a Thesaurus.

Step 1. For each line you chose, ask yourself if there is a modification you could make to level it up. Choose from the options below.

Create one new, stronger version for each of the three picks from Exercise 1.

Step 2. Then, reflect on the new version of each. What makes it stronger? Did it help sharpen the idea and bring it into focus?

MODIFICATION			
More descriptive (see, smell, hear, taste, feel, think, touch)			
Add mystery (take away pronouns and complete sentences)	New Pick 1	New Pick 2	New Pick 3
Emotional authenticity (is it honest)			
Add universal specificity (pull from popular references in culture, sports, fashion, celebrities, etc.)			

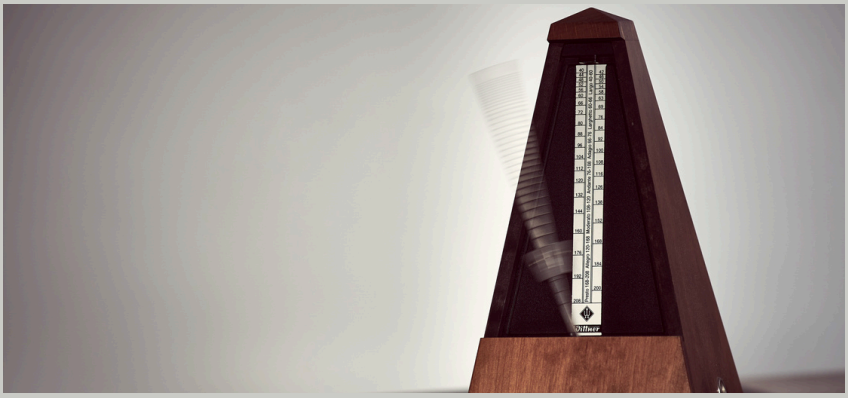
Now, decide:

Which new version is the best of the three?

Circle it.

Rhythm Flip

Now we're going to take your strongest lyrical expression and give it rhythm.



Choose **one** of your favorite lines from Exercise 2. It should be circled.

Step 1. Say it naturally like you're talking to someone. Pay attention to how the words and syllables flow rhythmically.

Step 2. Get out your voice recorder and start recording.

Step 3. Clap a tempo (how fast or slow you clap). Any tempo you want.

Step 4. Take the line you circled and say it rhythmically over your clapped tempo.

Continue clapping and repeat it four times.

After you do the first one, change up the rhythm, or *when* you say the line over the tempo. Change it two more times, repeating each idea four times while clapping.

You can say it faster, slower, or start saying it at different points.

Continue until you have recorded three different rhythmic motifs .

Now, decide again:

Which rhythmic motif is the best of the three?

Find the Melody

Now we're going to turn your rhythm into melody - the how. Take your favorite rhythmic motif from Exercise 3 and follow the prompts.

Speak it.

Say the line naturally using your chosen rhythm. Listen to the way your voice naturally rises and falls. Pay attention to your **tonal inflections on certain words and syllables.**

Where does your voice naturally go up?

Where does it go down?

Where do you emphasize a word?

Where do you naturally pause?

Exaggerate it.

Now exaggerate those pitch movements.

If your voice went up, then down... If there was emphasis in a certain place, let your melody flow in the same way.

Exaggerate each of those pitches into actual notes.

Give those natural vocal intonations more intentional musical emphasis.

You are no longer simply speaking the line.

You're beginning to **sing it.**

Audition it.

Record yourself trying the exaggerated, directed melody several times until it feels and flows well sonically.

Don't worry about having the "right" notes. Pay attention to what feels and sounds best.

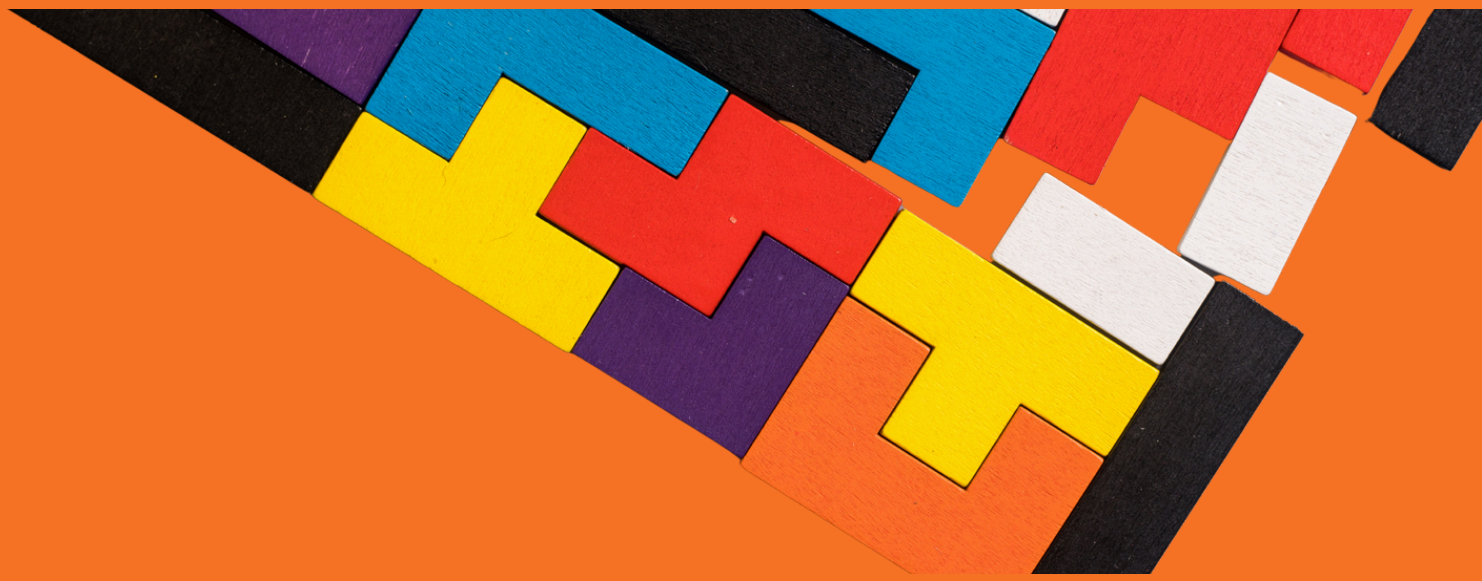
You're looking for something that feels good and is memorable.

Now, record it.

Use your phone's voice memo app and save your idea.

Great job! You've just created a melodic motif from your own speech.

Tetris



Now, take a rhythm, melody, or some component from the new line you've created and move it somewhere else.

Think of it like Tetris. A piece that worked in one place might completely change the line when you move it somewhere else.

Try this:

- Switch a rhythm from one place to another
- Switch a melody from one place to another
- Move a pause to a different spot (or take a pause out)
- Move a word or a few words earlier that comes later, or vice versa
- Make a memorable word or words repeat

What am I changing?

How am I changing it?

Is the line stronger now? Why or why. not?

Based on your answers, record a final take of the best version of your newly revised line or phrase.

Congrats!

You've just taken one idea through multiple stages:

FREEWRITE → LYRIC → RHYTHM → MELODY → EXPERIMENTATION

You don't always need magic to write a song. (Although it can, will, and should happen that way too.)

Sometimes you just need to find one interesting idea and keep **playing around with it** until it's polished. And you can do this for every section.

Use one, some, or all of these new tips and tricks the next time you create: freewrite, say it another way, give it a rhythm, find the melody, then experiment.

Most importantly, remember to **have fun**!

Reflection Questions:

- *What surprised me most in The Songwriting Reset?*
- *What did I learn?*
- *How can I implement these new strategies in my next write?*
- *What did I learn about* myself *in this process?*

Ready to dive deeper?

Get the masterclass.

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